

Draft 3.0

SL: 3 Simple Drills to Punch like Bruce Lee 🥋

Hey Jimmy,

One of the most important aspects of karate are your hands.

How fast you can punch, how hard you can hit, how many you throw.

And if you want to go from an beginner “puncher”,

To a ‘Bruce Lee’ level of speed and force,

Here are the top 3 drills to help you get there.

And yes, you can do these from the comfort of your house, without professional guidance.

1. Lift weights 3-5 times a week. 🏋️

Have you ever wondered why boxers are so jacked they begin to look like they are on steroids?

Even though they mainly do cardio and sparring,

They aren’t on gear,

And that isn’t their main objective.

Yet they still look like they could win a bodybuilding show.

Why?

Because it takes a lot of muscle to punch hard.

So they lift to gain muscle, and therefore punch harder.

This is something you can use to your advantage.

Start hitting the gym and watch your power skyrocket.

2. Practice Shadowboxing 🥊

Let me ask you a question.

If you wanted to improve your punching, would you either:

A) Do 50 footwork drills. Or. . .

B) Throw 1000 punches.

The answer is obvious - B.

This is because practice makes perfect.

So if you want to get better at punching. . .

Throw a lot of punches.

It is really that simple.

Try to find a sparring partner that you can progress with,

But if you can't shadowboxing is a great alternative.

I recommend focusing on your speed (for the best results).

3. Form is King 👑

I am sure you have heard this before,

Proper form/ technique optimizes your punches for

SPEED.

POWER.

SAFETY.

It makes them less tiring, so you can throw more.
Proper form is absolutely vital to any good punch.

Slow practice to perfect technique is also key.

Implementing these 3 drills will have you punching harder AND faster than ever before.

But there is still one problem.

None of this will matter in sparring if you can't kick just as well.

But I get it, kicks are much less straightforward.

And putting together a plan to improve them can turn into rocket science real quick.

That's why I put together a flexibility program specifically for higher kicks.

It includes over 20 exercises, custom made just for you.

This could be valued at over 100£,

But since I don't want you to turn into boxers,

With amazing hands, but no kicks

I lowered it to the price of a coffee so that everyone can afford it.

However, The Flexibility course for better kicks will reclaim its original price in just 11 days.

So I would secure your place, before time runs out.

Nat

